ReliOn
Live Your Best For Less.

INSTRUCTION MANUAL

Automatic
Blood Pressure Monitor
Model HEM-741CREL

5339081-6B

INTRODUCTION

Thank you for purchasing the ReliOn® HEM-741CREL Automatic Blood Pressure Monitor.

Fill in for future reference.

DATE PURCHASED: _____

SERIAL NUMBER: _____

• Staple your purchase receipt here

Your new blood pressure monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into a digital reading. An oscillometric monitor does not need a stethoscope so the monitor is simple to use.
The HEM-741CREL comes with the following components:
• Monitor • Wide Range Cuff • 4 "AA" Alkaline Batteries
• Instruction Manual printed in English and Spanish • Quick Start Guide

Please read this instruction manual thoroughly before using the unit.
Please keep for future reference.
For specific information about your own blood pressure, CONSULT YOUR DOCTOR.

SAVE THESE INSTRUCTIONS

SAFETY INFORMATION

INTENDED USE
This monitor is designed to measure blood pressure and pulse rate of adults within the range of the designated arm cuff, following the directions provided in this instruction manual. The monitor is designed for home use. Read the Safety Information in this instruction manual before using this monitor.

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
⚠ WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
⚠ CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE
⚠ Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.
⚠ DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.
⚠ The monitor is not intended to be a diagnostic device.
⚠ If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
⚠ Read all of the information in the instruction manual and any other literature in the box before operating the unit.
⚠ Do not use this device on infants or persons who cannot express their intentions.
⚠ Read the Special Conditions section of the instruction manual if your systolic pressure is known to be more than 220 mmHg. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.
⚠ Operate the device only as intended. Do not use the device for any other purpose.
⚠ Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
⚠ Do not use a cellular phone near the device. It may result in an operational failure.
⚠ Use only authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
⚠ Use only 1.5V Alkaline batteries with this device. Other types of batteries may damage the unit.
⚠ Do not use in a location with moisture, or a location where water may splash on the unit.

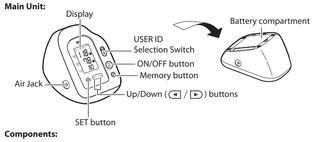
CARE AND MAINTENANCE
⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
⚠ Do not submerge the device or any of the components in water.
⚠ Store the device and the components in a clean, safe location.
⚠ Changes or modification not approved by the manufacturer will void the user warranty. Do not disassemble or attempt to repair the unit or components.

BEFORE TAKING A MEASUREMENT

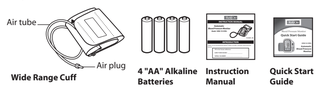
To ensure a reliable reading follow these recommendations:
1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.
4. Remove tight-fitting clothing from your left arm.
5. Sit on a chair with your feet flat on the floor. Rest your left arm on table so that the cuff is at the same level as your heart.
6. Remain still and do not talk during the measurement.
7. Wait 2-3 minutes between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristics.
8. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.

KNOW YOUR UNIT

Main Unit:

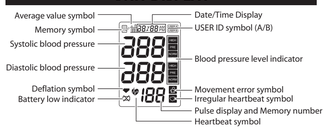


Components:



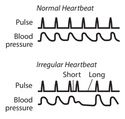
Wide Range Cuff | **4 "AA" Alkaline Batteries** | **Instruction Manual** | **Quick Start Guide**

UNIT DISPLAY



DISPLAY SYMBOLS

IRREGULAR HEARTBEAT SYMBOL ( )
When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol ( ) will appear on the display with the measurement values.
An irregular heartbeat rhythm is defined as a rhythm that varies by less than 25% from the average rhythm or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.
If the irregular heartbeat symbol ( ) displays with your measurement results, we recommend you consult your physician. Follow the directions of your doctor.



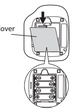
MOVEMENT ERROR SYMBOL ( )
The Movement Error Symbol ( ) is displayed if you move your body during the measurement. Please remove the arm cuff, and wait 2-3 minutes. Reapply the arm cuff and take another measurement.

AVERAGE VALUE SYMBOL ( )
The Average Value Symbol ( ) is displayed when you press the memory button. The most recent average reading appears on the display screen.

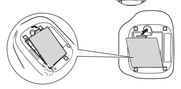
HEARTBEAT SYMBOL ( )
The Heartbeat symbol flashes on the display at every heartbeat during the measurement.

BATTERY INSTALLATION

1. Press the hook on the top of the battery cover and lift the cover off in the direction of the arrow.



2. Install 4 "AA" size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.
3. Replace the battery cover.



BATTERY REPLACEMENT
Low Battery Indicator
When the Low Battery Indicator appears on the display, turn the monitor off and remove all the batteries. Replace with four new batteries at the same time. Long-life alkaline batteries are recommended.

⚠ **WARNING**
If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

NOTES: • Turn the unit off before replacing the batteries. If the batteries are removed while the unit is still on, the date and time will be reset to that of the previous use. However, the measurement results are not deleted.
• When the batteries are replaced, you may need to reset the date and time. If "-:--" appears on the display, refer to "Setting the Date and Time".

⚠ **CAUTION**
Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

SETTING THE DATE AND TIME

Set the monitor to the current date and time before taking a measurement for the first time.

1. TO START THE SETTING
Press the SET button to adjust the date and time.

The year flashes on the display.

2. SETTING THE YEAR
The year can be set between 2013 and 2040. When the display reaches 2040, it will return to 2013.
Press the Up button ( ) to advance by one year.
Press the SET button to set the current year.

The month flashes on the display.

NOTES: • Press the Down button ( ) to decrease the date and time values.
• Press and hold the button to increase or decrease the date and time values faster.

3. SETTING THE MONTH
Press the Up button ( ) to advance by one month.
Press the SET button to set the current month.

The day flashes on the display.

4. SETTING THE DAY
Press the Up button ( ) to advance by one day.
Press the SET button to set the current day.

The hour flashes on the display.

5. SETTING THE HOUR
The time is set using AM or PM.
Press the Up button ( ) to advance by one hour.
Press the SET button to set the current hour.

The minute flashes on the display.

6. SETTING THE MINUTE
Press the Up button ( ) to advance by one minute.
Press the SET button to set the minute setting.

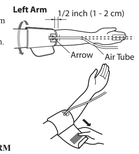
7. TO TURN THE MONITOR OFF
Press the ON/OFF button.
NOTE: The monitor will automatically turn off 2 minutes after the minute has been set.

APPLYING THE ARM CUFF

⚠ **CAUTION**
Read all of the information in the instruction manual and any other literature in the box before operating the unit.
⚠ **CAUTION**
This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

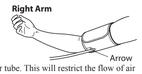
APPLYING THE CUFF ON THE LEFT ARM
1. Make sure the air plug is securely inserted in the main unit.

2. Remove tight-fitting clothing from your upper arm.
3. Apply the cuff to your left upper arm so the arrow is centered on the inside of your arm and aligned with your middle finger. The air tube runs down the inside of your arm. The bottom of the cuff should be approximately 1/2 " above your elbow.



4. Wrap the cuff firmly in place around your arm using the cloth fastening.

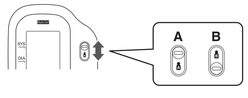
APPLYING THE CUFF ON THE RIGHT ARM
When taking a measurement using the right arm, use this instruction for Step 3.
Apply the cuff to your right upper arm so the arrow and the air tube runs along the inside of your arm. The bottom of the cuff should be approximately 1/2 " above your elbow.



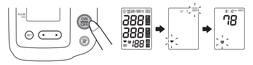
NOTE: Be careful not to rest your arm on the air tube. This will restrict the flow of air to the cuff.

TAKING A MEASUREMENT

The monitor is designed to store the blood pressure and the pulse rate in the memory for two people (USER A or USER B) every time a measurement is completed.
1. Sit on a chair with your feet flat on the floor. Place your arm on a table so the cuff is level with your heart. Keep still and do not talk during measurement.
2. Select your USER ID (A or B).

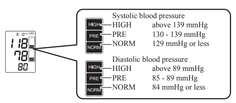


3. Press the ON/OFF button. All symbols appear on the display. The cuff starts to inflate automatically. As the cuff inflates, the monitor automatically determines your ideal inflation level. Remain still and do not move your arm until the entire measurement process is completed.



NOTE: To stop the inflation or measurement, push the ON/OFF button. The monitor will stop inflating, start deflating, and will turn off.
4. Inflation stops automatically and the measurement is started. As the cuff deflates, decreasing numbers appear on the display and the Heartbeat Symbol ( ) flashes.

5. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.


Systolic blood pressure
HIGH — above 139 mmHg
PRE — 130 - 139 mmHg
NORM — 129 mmHg or less
Diastolic blood pressure
HIGH — above 89 mmHg
PRE — 85 - 89 mmHg
NORM — 84 mmHg or less

The 1999 WHO/ISH guidelines for the management of hypertension are as follows:

Category / Blood pressure	Systolic blood pressure	Diastolic blood pressure
Hypertension	above 139 mmHg	above 89 mmHg
High-Normal	130 - 139 mmHg	85 - 89 mmHg
Normal	129 mmHg or less	84 mmHg or less

This is a general guideline because blood pressure depends on age and morbidity. A lower home blood pressure goal may be recommended for certain patients, including diabetic patients, pregnant women, and patients with renal failure.

6. Press the ON/OFF button to turn the monitor off.

NOTE: The monitor will automatically turn off after 2 minutes.

⚠ **WARNING**
Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

⚠ **WARNING**
DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

⚠ **WARNING**
The monitor is not intended to be a diagnostic device.

SPECIAL CONDITIONS
⚠ **CAUTION**
Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

If your systolic pressure is known to be more than 220 mmHg, press and hold the ON/OFF button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure, after the cuff starts to inflate.

NOTES: • Do not apply more pressure than necessary.
• The monitor will not inflate above 299 mmHg.

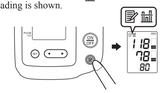
When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

USING THE MEMORY FUNCTION

The monitor automatically stores up to 30 sets of measurement values (blood pressure and pulse rate) for each user (A or B). When 30 sets of measurement values are stored, the oldest record is deleted to save the most recent values.

AVERAGING FUNCTION
The monitor calculates the average reading based on the three most recent sets of measurement values taken within 10 minutes of the most recent reading.
NOTES: • If two sets of measurement values are stored in the memory for the 10 minutes period, the average is based on the two sets of measurement values. If one set of measurement values is stored, this is displayed as the average.
• When viewing the reading taken without setting the date and time, "-:--" is displayed instead of the date and time.
• The average reading will not be calculated without setting the date and time.

TO DISPLAY THE MEASUREMENT VALUES
1. Select your USER ID (A or B).
2. Press the Memory button ( ).
The Average Symbol ( ) appears on the display when the average reading is shown.



3. Press the Down button ( ) to display the most recent set of measurement values on the screen. The values are displayed from the most recent to the oldest.
NOTES: • The Memory number appears for a second before the pulse rate is displayed. The newest set is number "1".
• The date and time are alternately displayed with the measurement values.

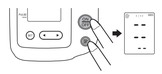
Press the Up ( ) or Down ( ) button to display the next set of values.
: to display the older readings
: to display the recent readings

NOTE: Press and hold the Up or Down button to display the values faster.

TO DELETE ALL VALUES STORED IN THE MEMORY
The values stored in the memory are deleted by USER ID.

You cannot partially delete values stored in the memory. All values for the user you select will be deleted.

1. Select your USER ID (A or B).
2. While holding the Memory button ( ), press the ON/OFF button down for more than 2 seconds until the display appears as it does in the following illustration.



3. Press the ON/OFF button to turn the monitor off.

NOTE: The monitor will automatically turn off after 2 minutes.

CARE AND MAINTENANCE

To keep your blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below:

Do not forcefully bend the arm cuff or air tube. Do not fold tightly.

Clean the monitor with a soft dry cloth.
Do not use any abrasive or volatile cleaners.
Do not attempt to clean the cuff.

⚠ **CAUTION**
Do not submerge the device or any of the components in water. Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.
⚠ **CAUTION**
Store the device and the components in a clean, safe location.
⚠ **CAUTION**
Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

Use the unit in a manner consistent with the instructions provided in this manual.
⚠ **CAUTION**
Use only authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
⚠ **CAUTION**
Changes or modification not approved by the manufacturer will void the user warranty. Do not disassemble or attempt to repair the unit or components.

ERROR INDICATORS

SYMBOL	CAUSE	CORRECTION
E1	Air plug disconnected.	Insert the plug securely. Refer to "Applying the Arm Cuff".
	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to "Applying the Arm Cuff".
	Air is leaking from the arm cuff.	Replace the cuff with a new one.
E2	Cuff over or under inflated.	Repeat measurement. Remain still and do not talk during measurement. Refer to "Taking a Measurement".
		If "E2" appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to "Taking a Measurement".
E3	The arm cuff was inflated above 299 mmHg when inflating the cuff manually.	Do not inflate the cuff above 299 mmHg. Refer to "Taking a Measurement".
E4	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to "Taking a Measurement".
E5	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to "Applying the Arm Cuff".
Er	Device error.	Contact Customer Service.
	Batteries are worn.	Replace the four batteries. Refer to "Battery Installation".

TROUBLESHOOTING TIPS

PROBLEM	CAUSES AND SOLUTIONS
No power. No display appears on the unit.	Replace all four batteries with new ones. Check the battery installation for proper placement of the battery polarities.
Measurement values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, may affect your blood pressure. Review the sections "Before Taking a Measurement" and "Taking a Measurement".

FCC STATEMENT

Note:
POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)
This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.
These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:
• Reorient or relocate the receiving antenna.
• Increase the separation between the product and the receiver.
• Connect the product into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)
This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.
Cet appareil numérique respecte les limites de bruits radioelectriques applicables aux appareils numériques de Clase B prescrites dans la norme sur le materiel brouilleur: "Appareils Numériques", ICES-003 édictée par le minister des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

LIMITED WARRANTY

Your ReliOn® HEM-741CREL Automatic Blood Pressure Monitor, excluding the arm cuff and batteries, is warranted to be free from defects in materials and workmanship appearing within 5 years from the date of purchase, when used in accordance with the instructions provided with the monitor. The arm cuff is warranted to be free from defects in materials and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor or arm cuff covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Customer Service by calling **1-800-634-4350** for the address of Inspection center.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE
Visit our web site at: www.omronhealthcare.com
Call toll free: 1-800-634-4350

SPECIFICATIONS

Model:	HEM-741CRELN3 (HEM-8720-WM)
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40 to 180/min.
Accuracy/Calibration:	Pressure: ±3mmHg or 2% of reading Pulse: ±5% of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic pressure release valve
Rapid Air Release:	Automatic exhaust valve
Measurement Method:	Oscillometric method
Power Source:	1.5V 4 "AA" batteries
Battery Life:	Approx. 300 uses with 4 new alkaline batteries
Operating Temperature /Humidity:	50°F to 104°F (10°C to 40°C) /15 to 90% RH
Storage Temperature /Humidity/Air Pressure:	-4°F to 140°F (-20°C to 60°C) /10 to 95% RH 700-1060 hPa
Main Unit Weight:	Approximately 11 1/4 oz. (319g) not including batteries
Main Unit Dimensions:	Approx. 6"(l) × 4 7/8"(w) × 3 1/2" (h) (152 mm × 123 mm × 88 mm)
Cuff Size:	Approx. 6"(w) × 22 1/8"(l) (151 mm × 563 mm) Cuff tube 35 3/8" (900 mm)
Cuff Circumference:	Fits arm circumferences 9" to 17" (220 mm to 420 mm)
Memory:	Up to 30 readings per user
Contents:	Main Unit, Wide Range Cuff, 4 "AA" Alkaline Batteries, Instruction Manual, and Quick Start Guide
Optional Accessories:	Wide Range Cuff 9" - 17" (220mm - 420mm)

= Type B

NOTE: These specifications are subject to change without notice.

Manufactured for OMRON HEALTHCARE Co., Ltd.

Made in China

Distributed by OMRON HEALTHCARE, INC.
1925 West Field Court
Lake Forest, IL 60045 U.S.A.
www.omronhealthcare.com

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